

Healthy Vending Snacks & Drinks

Fact Sheet

Creating a Healthier Classroom



About school vending

By offering healthy foods and beverages in vending locations, schools encourage healthy eating habits among students. Foods of good nutritional content, including fruits, vegetables, low-fat dairy foods, and low-fat/whole grain products, should be available wherever and whenever food is sold or otherwise offered at school during the normal school day. When foods of minimal nutritional value are offered, students quickly form poor eating habits.

Recommendations for vending in schools:

- Vending machines with food and beverages need not be placed in elementary schools.
- All foods and beverages sold in middle, junior high, and high school should be healthy.
- No vending services should be available one hour before and one hour after the meal service in middle, junior high and high schools unless they are selling a meal from food service.

Where can I find more information about creating healthier classrooms?

For more information, check out these Web sites:

- www.doe.sd.gov/oess/cans/
- www.doe.sd.gov/oess/schoolhealth/
- www.doe.sd.gov/oess/cans/nutrition/
- www.healthysd.gov/

Contact Us:

Child and Adult Nutrition Services
South Dakota Department of Education
800 Governors Drive
Pierre, SD 57501-2235
Phone: (605) 773-3413
Fax: (605) 773-6846
www.doe.sd.gov/oess/cans/



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Healthy vending choices

Best choices

- Granola bars
- Fruit bars
- Nuts and seeds (plain or with spices)
- Dry roasted peanuts, tree nuts & soy nuts
- Trail mix (plain)
- Fresh fruit (orange slices, apple slices, bananas, etc.)
- Dried fruit (raisins, cranberries, apricots, etc.)
- Fresh vegetables (carrot sticks, celery sticks, etc.)
- Yogurt (low-fat, no sugars added)
- Cheese
- Rice cakes
- Frozen natural fruit juice bars
- Fruit juice (100% juice)
- Vegetable juice (100% juice)
- Skim or 1% milk
- Soy milk and other soy products
- Water
- Fruit cups with fruit juice
- Whole grain crackers

Good choices

- Nuts (light sugar covering or honey-roasted)
- Popcorn (low-fat, without hydrogenated fats)
- Whole grain bagels
- Whole grain breads
- Pita bread
- Individually packaged fruit
- Fruit leather
- Animal crackers
- Graham crackers
- Pretzels
- Peanut butter and crackers
- Pudding (low-fat)
- Ready-to-eat cereal (low sugar, whole grain)

Items to avoid

- Pop (regular or diet)
- Sports drinks
- Candy bars
- Candy
- Cookies
- Chips
- Carbonated water
- Pop tarts
- Snack mixes
- Chocolate-covered pretzels
- Fruit cups with syrup
- High-fat cheese
- Ice cream

